

ESPA

October FITNESS CLASSES 2021

Join us at ESPA Baha Mar for these fun and challenging fitness offerings.

Call 788-7800 to reserve your place.

GYM OPERATING HOURS

6:00 AM – 8:00 PM

Guests must be 18 years old and above to participate in fitness classes.

Youth 13+ must be accompanied by an adult guardian.

All classes are outdoors and are Weather permitting

Minimum of 6 guests participation required for fitness classes

Highly Recommended to sign up in advance for the fitness classes

THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2 8am FLAMINGO YOGA 9am PILATES WITH DON	3
7 8am FLOW YOGA <i>11AM – BREATHE WORK & MEDITATION</i>	8 8am ZUMBA WITH DON <i>11AM – BREATHE WORK & MEDITATION</i>	9 8am FLAMINGO YOGA 9am PILATES WITH DON	10 8am ZUMBA WITH DON
14 8am FLOW YOGA <i>11AM – BREATHE WORK & MEDITATION</i>	15 9am -ABS, GLUTES AND BACK WITH NATASHA <i>11AM – BREATHE WORK & MEDITATION</i>	16 8am FLAMINGO YOGA 9am -BIMINI BODY BURN WITH NATASHA	17
28 8am FLOW YOGA 9am PILATES WITH DON	29 9am PILATES WITH DON	30 8am FLAMINGO YOGA 9am -ABS, GLUTES AND BACK WITH NATASHA	31

FLOW YOGA -\$24 .Students move smoothly through a sequence of connected asanas .Postures are only held for a short time before moving into the next posture. This class is invigorating and somewhat aerobic .Preregistration required. Limited availability. Please meet your instructor in the gym at the fitness class stand. Price exclusive of tax.

FLAMINGO YOGA -\$60 Please arrive at ESPA 10 minutes prior to class time to check in. Your instructor will escort you to the Allamanda Lawn where class is held. Preregistration required. Limited availability. Please meet your instructor in the gym at the fitness class stand. Price exclusive of tax.

ZUMBA WITH DON -\$24 Don't like working out trick your mind into having fun while burning some calories with lively dance interactive instructions that will keep your feet moving to the rhythm. Beginner and Advance Classes

PILATES WITH DON -\$24 - The way to a healthy mind, body and heart. Starts with a strong core and flexibility and natural strength. Let's get to stretching and strengthening the core and over all body. Beginner and Advanced.

ABS, GLUTES & BACK WITH NATASHA - \$24 . this class sets the foundation for your entire body .A mixture of static holds, calisthenics to improve postures, overall core and back strength . Limited availability. Please meet your instructor in the gym at the fitness class stand. Price exclusive of tax.

BREATHWORK & EMBODIMENT – With the Medicine of Breath & Embodiment practices — release and reconnect with your body’s natural intelligence. Awaken your inner life-force energy, find inner stillness and connect to your mind, body and soul with the power of the breath and movement. 60 minutes \$55pp (exclusive of 12% VAT)

BIMINI BODY BURN WITH NATASHA – \$24 This total body workout will target each muscle group in a progressive loading manner. Beginners are welcome, get ready for 60 minutes of Body Burn!